

SUSTAINABILITY EDUCATION *Series*

Healthy Bodies, Healthy Planet

Learn how to make healthy choices in your personal care products

Every day we are exposed to thousands of chemicals in the things we put on our bodies. Participants will explore ways these substances make it into cosmetics and other personal care products and the impact they have upon our health and the environment. **Participants will leave the workshop empowered with easy ways to choose – and even create – products that are healthy for their bodies and for the planet.** In addition to making personal changes, the workshop will identify ways to urge corporations to do the same.



THE WORKSHOP



(90 minutes)

Participants will begin by answering a short questionnaire about the personal care products they use. This will be followed by a screening of an animated video short on the health, environmental and social issues related to our use of these products. Nancy Seubert and Sarah Nash of the IHM Justice, Peace and Sustainability Office will lead a discussion focused around the following questions:

- How much do we know about the links between cancer and the everyday products we use?
- In what ways are women impacted more than men?
- Who defines beauty?
- Do we really need all the products we use?
- Who is responsible for the safety of the products we use and to what extent?
- What is the connection between what we do or use and the activity or product's negative impact on the environment?

Participants will engage in one or two hands-on activities, such as making homemade all-natural and non-toxic hand salve or lip balm and/or playing a game to determine the safest/most natural personal care products based on the label.

[See reverse side for additional information](#)

Participants will leave with:

- A copy of an annotated bibliography of the best web sites, audio/visual resources, articles, and books on this topic
- An action card they can use to contact their legislators, urging them to support safe chemical and cosmetics legislation
- “Campaign for Safe Cosmetics” stickers and tip cards
- An invitation to join the JPSO weekly announcement list
- The opportunity to visit the IHM Gift Shop to purchase non-toxic personal care products



TO SCHEDULE A WORKSHOP



If you or your group would like to schedule a workshop, please contact **Sharon Venier at 734.240.9754** or by e-mail at **svenier@ihmsisters.org**.

COST

\$10 per person plus a nominal materials fee.
\$5 per student plus a nominal materials fee.

DIRECTIONS

From I-75 North, take Exit 14 Elm Avenue, and turn right at the end of the ramp. The Motherhouse is approximately two miles from the exit ramp at 610 West Elm Ave.

From I-75 South, take Exit 14 Elm Avenue, and turn right at the end of the ramp. The Motherhouse is approximately two miles from the exit ramp at 610 West Elm Ave.

IHM SISTERS TODAY

We, the IHM Sisters of Monroe, are Catholic women bound together in faith. We follow a call rooted in our founders' mission - to respond to the world's most pressing needs. As the needs of the times change, so we adapt our ministries.

Today's challenge is unprecedented in scope. Human progress has come at the expense of the entire community of creation.

The cry of our times compels us to embrace a spirituality of kinship that includes all living beings. We recognize the interdependent nature of all members of the Earth community and understand that justice for the Earth is inseparable from justice for those who are poor and excluded.

We serve God as disciples of Jesus. We work for the common good. We question decisions and behaviors that devastate and divide the community of Earth. We minister as educators and caretakers of the Earth and of one another.

Today we are called to speak for the voiceless, to celebrate the diversity within our unity and to educate for citizenship on our planet.



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